

SYSA 7th Grade Grid Kids Football Official Rules & Regulations

Weight Limits 7th Grade

Backs: Maximum 135

Tight Ends/Punter: Maximum 145

The purpose and philosophy of the Spokane Area Grid Kids Football League is two fold. First, to provide any and every youth who desires the opportunity to play football for fun. Second, to teach sportsmanship, discipline, and self control along with the fundamentals of football and engage in competitive play with youth of comparable age. Each participant shall follow these rules in good faith.

SECTION I: ELIGIBILITY

- A. All youth regardless of race, religion, or color may compete.
- B. Minimum age for Football players shall be 11 years of age by September 30 and maximum age of 14, but player cannot be 14 before October 15th. The player must be in the seventh grade and may not play up or down a grade level. A copy of the spring report card will serve as verification and must be submitted to SYSA upon request.
- C. Competition in a school, city, church, or other tackle football leagues will deem a player ineligible. Players Involved with other Football programs cannot be signed up simultaneously.

SECTION II: PLAYER WEIGHT

The positions of quarterback, running back, wide receiver, flanker, tight end, kick and punt returners, punters are weight restricted. No player over the “designated weight” may play such position at any time or for any reason regardless of whether they carry, throw or receive the ball or not. Kickers and punters are not weight restricted. SYSA will determine the “designated weight” by the weight of the players for that season. The “designated weight” will be determined after equipment issue/weigh-in. Any player 185lbs or heavier may only play on the offensive or defensive line.

SECTION III: PLAYER WEIGH IN

- A. Weigh-in will be the prior to the first game. All weights for this weigh-in will be recorded on a roster and distributed to coaches. The roster shall include names, jersey number, grade, and weight.
- B. The league reserves the right to conduct a weight-in at any time. A weight allowance of one pound per game will be taken into consideration if a weigh in is done during the season.

SECTION IV: PLAYER ADDITION

If roster space is available, the deadline to add a player to the team roster will be the 2nd official game. Upon meeting the initial practice requirement, players will then be eligible for future games. Players leaving the team will not receive any refunds.

SECTION V: VIDEO EQUIPMENT

Video cameras and VCR's are not allowed on the playing field under any circumstance. No coach or other person on behalf of a coach may videotape a game or scrimmage in which his or her team is not participating. Coaches found in violation of this rule will be suspended for the remainder of the season. (No note taking—observing is ok).

SECTION VI: PLAYING RULES

- A. **Each player is required to play on offence or defense each quarter. Coaches must place 50% of their players present on O and 50% on D each quarter. Players may play the other side of the ball to fill vacant positions, however, they may not play a second quarter on both sides of the ball until all players have played on both sides of the ball for a quarter. All players must be on either the kick-off team or the receiving team and are eligible to participate in play involving that team regardless of their playing status during that quarter. The punting/FG team and the punt return team will consist of the players on the field at the time of the previous play. The Long Snapper, FG Kicker and Punter are exempt from the sit rule. Shuttle Player: you can shuttle plays in with 2 players as long as they shuttle plays for the entire half for both O and D. Coaches may use a total of 4 players as shuttle players (2 each half).**
- B. **Coaches are required to exchange roster exchange forms at the coin toss of each game. If forms are not exchanged, this will result in clock starting and continuing to run. If we are waiting on 1 coach, it will result in 7 points for the opposing team and another 7 points for each 2 minutes of clock time for the team**

that has completed their exchange form. The roster exchange form must include by quarter, which players are on Offense and which are on Defense. Coaches must also include which players are playing both sides of the ball and shuttling plays if they are using a shuttle system.

- C. One coach may traverse the full length of the sidelines. Players must remain between the 30-yard lines while on the sideline.
- D. Fumbles: Offense may advance a fumble. Defense may not advance a fumble.
- E. Interceptions: All Defensive players are allowed to advance an interception. They may not however, pitch the ball to another teammate. This will result in a dead ball.

OFFENSE

- A. Each Offensive formation must have a guard, tackle, and end on each side of the center on the line of scrimmage. (No unbalanced lines)
- B. Line splits may not be wider than 3 feet.
- C. Split ends are acceptable, but must be lined up at least five (5) yards from the tackle.
- D. Man in motion will be allowed. Shifts will be permitted.
- E. There is a 30 second time limit between plays. Time starts once the officials set the ball.
- F. There must be at least one back plus the quarterback in the backfield at all times (no wider than the tackles).
- G. Because tight ends are "weight restricted" they may only advance the ball after catching a forward Pass beyond the line of scrimmage.

DEFENSE

- A. A "4 - 4" or a "5 - 3" defense is allowed.
- B. Defensive linemen must play head-up. No lining up in the gaps. Must be in either a 3 or 4 point stance.
- C. Linebackers must be at least 2 yards off the line of scrimmage. Outside linebackers may be as wide as they want.
- D. A one man blitz from the middle linebacker position will be allowed. The Blitzer will raise his arm and wait to be identified by field monitor before the snap of the ball. The Blitzer does not have to blitz even if arm is raised; however no other player will be allowed to blitz. The player identified as the one blitzing will line up no closer than 2 yards and no farther than 5 yards off of the line of scrimmage. The blitz must come from between the tackles. If the offensive team is in shot gun formation the Blitzer may not blitz through the gaps directly on either side of the center.
- E. Defensive backs must be behind the linebackers.
- F. Goal line defense is allowed anytime inside the ten yard line. If in a goal line situation the defense is not allowed to blitz if they have 6 or more defenders on the line of scrimmage.

Punts

- A. In punting situations, it is a normal play from the line of scrimmage.
- B. Receiving team formation on a punt shall consist of a "4 - 4" or "5-3" defense while having a maximum of three players back to receive the ball.

Kick Offs, Extra Points and Field Goals

- A. Kick offs are from the 40. The receiving team must have 5 players on the 50-yard line. These 5 players may recover a kick off, but may not advance the ball (dead ball).
- B. Extra point attempts may either be kicked for 2 points or run/pass in for 1 point. This is a live ball situation. Only the down line man can rush the kick.
- C. Field goals will be scored in the regular manner. A missed field goal will be spotted at the line of scrimmage or the 10-yard line which ever is closer to the 50-yard line. Field goals will be a live ball regular play from the line of scrimmage. If the ball does not break the plain of the goal line, the defensive team may attempt to return the ball.

SECTION VII: EQUIPMENT

Football Size. Grid Kid Football will use an official intermediate size football. All players must use the equipment provided by SYSA.

Footwear. It is strongly encouraged that player footwear consists of one-piece (no removable cleats) rubber molded shoes. Tennis shoes are acceptable but not encouraged.

Mouth guards. Mouthpieces are mandatory for all players. Whenever a player is on the field, practice or games, their mouth guards must be in place. SYSA will provide one mouth guard.

SECTION VIII: GAME REGULATIONS

- A. **Time.** The game shall consist of 4 quarters of 8 minutes each.
- B. **Twenty-One Point Rule.** Is in effect when a team is ahead of its opponent by 21 points or more. When this occurs the time clock will run without being stopped unless there is a change in the score. This rule only applies to the second half. In addition, if the trailing team scores and is still behind by 21 points or more they will receive the kick-off.
- C. **Suspensions.** Coaches ejected from a game will be suspended from the next 2 games. Coaches ejected from 2 game suspensions will be **EXPELLED FOR THE REMAINDER OF THE SEASON**. Players ejected from a game will be expelled for the next 2 games. Players ejected from 2 games will be **EXPELLED FOR THE REMAINDER OF THE SEASON**. SYSA will review all suspensions. Coaches are required to notify SYSA of any and all suspensions.
- D. **Overtime.** There is no overtime; games will end in a tie.

Practices

- A. Practices can be held each weekday and Saturdays up to 4 practices per week before school starts. Once school has begun, each team is limited to 3 practices per week. Practices may not be more than 1-1/2 hours in length. There may not be more than 1 practice per day.
- B. To be eligible to practice in pads, players must have 3 practices without any gear (helmets may be worn). To be eligible for a game you must have completed the 3 practices without pads and 5 practices with pads.
- C. Remember that Parents are waiting for their children and would like them to be let go on time.
- D. During the season, players must attend 5 out of 6 practices or their playing time may be reduced.

SECTION IX: INSURANCE

All players are responsible for their own insurance.

SECTION X: PLAYING BOUNDARIES

All players must play on teams in the High School district in which they will attend school. If there is not a team in your high school district the player will be placed on a team by SYSA. Students attending a parochial school must play within their schools region as determined by the league administrators.

SECTION XI: CONDUCT

- A. Coaches for the program will be select individuals from the community who volunteer their time to teach the players the skills, disciplines and conduct that make for good sportsmanship. The COACH is vital to the success of the program. As such, the coach must uphold SYSA rules and regulations, along with the bylaws, or face the consequences of being suspended by SYSA. There should be solidarity between coaches as to goals, with emphasis on the player's welfare, interest, and attitudes, which the player will learn or imitate by observing his/her coach. Therefore, the rules and guidelines must be observed. Decisions of SYSA are final. The advisory committee will rule on any matter not covered.
- B. Parents and fans are the sole responsibility of the Head Coach from each team. Referees can Assess penalties to a team based on the actions of their parents and/or fans.

SECTION XII: PLAYING REGULATIONS

We shall follow Washington State (WIAA) and National High School football rules with the exceptions and additions listed above.

Field Supervisor

- A. There shall be a Field Supervisor at all games. SYSA will designate the supervisor.
- B. The Field Supervisor shall be responsible for greeting teams, greeting referees, and explaining rules to them. They shall also assist the referees with the interpretation of the rules and crowd control. They shall also help teams enforce and follow all SYSA rules and regulations (including the playing rule) and mediate all onsite team conflicts. The Field Supervisor will report all final scores to the person in charge of the standings. They will also report all ejections to the same person and the Director of SYSA.
- C. SYSA shall be responsible for providing a Field Supervisor for each game/field, who is not directly involved with a team participating, for all regular and post-season games.
- D. The referees have final say on all rule interpretations during the game. Field Supervisors may only be out heard by League Officers and/or referees.

Season Length

- A. Each team shall play eight games.